

- Have a good internet connection
- Plan you meeting and mail the invitations
- Quit your email application , avoiding sounds of incoming mail and other programmes
- Be in a quiet space
- Test the your visibility: enough light, are you seen in standing poses, seated poses, do you need a webcam. Use contrasting colours for clothing and mat: Light mat, dark clothes, dark mat light clothes
- Clothes in one colour: no wild patterns or stripes (an interference pattern, moiré, will appear)
- Check your background: what will people see?
- Check waiting room in your settings, when on, turn off to admit people
- Turn up 5 minutes before. Stay unmuted and Video if you will be available straight away, or mute and turn video off until you start.
- Ask if they can hear you. They can put thumbs up. Consider to use a microphone.
- Ask for injuries or sensitivities.
- They can unmute themselves for a moment to tell you about it
- Mute all participants when you start the class.
- If you wish, tell them to unmute themselves if they need to say something during class.
- If they have troubles with their internet connection, tell them to turn their video off.
- Check your clothing: not too revealing, no holes, even colours
- If you are out of breath, instruct without showing: the noise of your breaths will disturb the instructions
- When you wear a microphone on your body, it might give a rubbing sound.
- Always talk towards the microphone.
- Teach your classes without music: Zoom is not made for using music at the same time. The sound is dreadful and disturbing.
- Check how you are going to demonstrate a pose (a happy baby from the front or a downward facing dog from the back is not the most charming)
- Talking in childspose: they cannot hear you. Talk them into the pose, come out yourself & speak.
- When you demonstrate a pose that has two sides, make sure you are facing the camera.
- When you demonstrate a pose from the side, avoid looking to the side: you are off balance, and your neck is mis-aligned.

You can demonstrate one side ,and then watch the people and give instructions and modifications for the other side, or just demonstrate and not watch the students. Be aware that if you don't look, and don't give personal instructions, the teaching does become more impersonal and you have no clue what people are doing (Safety)!

Just remember that online we miss the energy of the group, the physical adjustments, the silence of a yoga place. So *how* you demonstrate, and clear verbal instructions, are essential.

If you have time , give some space after class for sharing.

This might be a nice opportunity for both you and the students to connect.

Lahma Muris, 16-1-2021